

# CNYPA SCOPE

March 2017

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## President's Message

Happy spring! I don't know about you, but I am finding myself particularly grateful this year for the change of seasons and what it represents for me. There have been a number of factors over the last several months that have contributed to times of feeling disoriented, disenchanted, and just uncertain about what I know about the world and how it works. From personal and professional losses, the tone of the American political process, changing approaches to information seeking and gathering, to atypical weather patterns- maintaining a sense of groundedness and certainty has been, at times, challenging and tiresome. I have found myself drawing away and seeking respite in the familiar and comfortable, even at times mundane. I am looking forward to spring as a time of warmer, sunnier days, growth, new beginnings and a time to reflect on the things I value and aspire to become.

As I sit to write my first President's message for CNYPA, I find myself reflecting on what CNYPA as an organization has meant to me. I think back to when **Roger Greenberg** asked me to serve as CNYPA's recording secretary as a freshly minted, unlicensed psychologist (a number of years ago) where I had the opportunity to meet some great people. These skilled role models exemplified those "things you don't learn in graduate school" that have come to be parts of what I value as a professional in this community. These have included the value of networking with professional colleagues, advocating for the psychological needs of the community, and fostering on-going opportunities for professional growth and education. While most of us do not feel the same level of passion for the political process as we do for our work as psychologists, political advocacy is none-the-less important as the political context can shape in some very real ways how our profession is defined and how we carry out the work that we do. Making sure that we have a "seat at the table" to contribute and lend our influence to this process requires on-going efforts of many whether they are big or small.

My hope for CNYPA is to continue to foster connectedness amongst our professional community by exploring ways to reduce geographic barriers to participation in CNYPA and promoting participation in activities like our CNYPA Happy Hours, Dinner Meetings, or exchanges via the listserve. Our website committee under the leadership of **Deb Pollack** and **Theresa Covington** has done a fabulous job of creating a platform that not only serves our membership but also the community through its informational resources and Find-A-Psychologist directory. We plan to further disseminate awareness of this dynamic resource

to primary care practices in the community as a tool and means of reducing barriers to patients who may consider seeking services. We will continue to inform our membership about relevant political issues at the state and federal levels and work to inspire action at all levels, whether by sending e-mails to our representatives, making donations to NYSPA's PAC, providing pro bono services or participating first-hand in events such as Lobby Day (see the Save-the-Date for May 9<sup>th</sup>). We will also continue to foster growth and professional development by organizing local dinner meetings and supporting the organization of a full-day professional workshop.

I hope as we shake off the seclusion and dormancy of the last season that you will join me for one of our upcoming events, be it a Happy Hour, Dinner Meeting, Lobby Day or Board Meeting. Consider inviting a

friend or colleague who may welcome that gesture (as I did) as an opportunity to learn about what our organization has to offer. And commit to taking some action, whether big or small, to shape the future for our profession and those we serve. I am honored to serve our organization. Please let myself or any Board member know of your ideas or ways we can further support our goals.

Sincerely,  
 Tammy Bartoszek  
 President, CNYPA

## BLAST FROM THE PAST.....

I recently had to track down our May 1982 Certificate of Incorporation, and thought our members might appreciate a look at it.

Brian Rieger, PhD  
 CNYPA Treasurer

<p><b>Certificate of Incorporation</b>  <i>of</i>          CENTRAL NEW YORK PSYCHOLOGICAL ASSOCIATION, INC.  <i>under section 402 of the Not-for-Profit Corporation Law</i></p>	<p><b>CFS 13</b></p>
<p>IT IS HEREBY CERTIFIED THAT:</p>	
<p>(1) <i>The name of the corporation is</i> CENTRAL NEW YORK PSYCHOLOGICAL ASSOCIATION, INC.</p>	
<p>(2) <i>The corporation is a corporation as defined in subparagraph (a)(5) of section 102 (Definitions) of the Not-for-Profit Corporation Law.</i></p>	
<p>(3) <i>The purpose or purposes for which the corporation is formed are as follows:</i></p>	
<p>To advance psychology as a science and profession; and without limiting the generality of the foregoing, to advance the theory and practice of psychology and its allied fields; to enhance the status of psychologists; to increase the benefits of psychology and the furtherance of such accomplishments to encourage research and teaching; to encourage the education of psychology and the benefits thereof to the community; to conduct seminars into psychological techniques; to stimulate the public awareness of psychology as a science; and to do any and all things necessary and proper for the accomplishment of these purposes to the same extent and in the same manner as permitted by law. Nothing contained in this certificate, shall authorize or empower the corporation to perform or engage in any act or practice prohibited by Section 340 of the General Business Law or other anti-monopoly statute of this state.</p>	
<p>To do any other act or thing incidental to or connected with the foregoing purposes or the advancement thereof, but not for the pecuniary profit or financial gain of its members, directors or officers, except as permitted under Article 5 of the Not-For-Profit Law, and more further defined in §102 (a)(5) of the said Article.</p>	
<p>Nothing herein shall authorize the corporation to engage in the practice of the profession of psychology or any other profession required to be licensed by Title VIII of the Education Law.</p>	

# TREASURER'S REPORT

CENTRAL NEW YORK PSYCHOLOGICAL ASSOCIATION

## 2016 FINANCIAL REPORT

<b>01-01-2016 Balance</b>	2,072.62
<b>Expenses</b>	
Administrative Support	990.00
Liability Insurance	896.00
Website	280.00
Post Office Box rental	160.00
Happy Hours	271.68
Miscellaneous	138.64
Total Expenses	2,736.32
<b>Income</b>	
Dues	4,178.49
Total Income	4,178.49
<b>Dinner Meetings</b>	
Dinner Meetings Expense	1,705.24
Dinner Meetings Income	1,285.71
Dinner Meeting Net Profit (Loss)	(419.53)
<b>12-02-2016 Balance</b>	3,095.26



**A LOOK**  
*at the*  
**BUDGET**

## **2017 CNYPA ELECTION RESULTS:**

**President Elect:** Afton Kapuscinski, PhD

**Board Members:**

- Tanya Gesek, PhD
- Brian Thomson, PhD
- Lauren Warren-Faricy, PhD

**Congratulations to our new officers and board members! Your willingness to serve our organization keeps us active and able to serve our membership community, our profession, and the community at large. Thank you for your efforts and to everyone who participated in the voting.**

## **Call to Action!!!!!!!!!!!!!!**

Feeling frustrated and helpless with the tone of our political climate and specifically its effects on refugees and recent immigrants? CNYPA would like to respond in a way that is proactive and empowering. We are seeking members who would be willing to offer their professional services on a pro bono basis to those in need that are in our area under refugee status or recently immigrated. Those willing to volunteer could determine the amount and time frame of services that you could offer, but ideally would comprise 2-3 hours per month of services. CNYPA will compile our list of volunteers to provide to local resettlement agencies who can match available services with those in need. Let's put our collective skills to good use to serve our community. Please contact Joe Himmelsbach at [joe.himmelsbach@gmail.com](mailto:joe.himmelsbach@gmail.com) if interested.



# Kudos to....

## **Psychologist of the Year – Nina Stoeckel**

Nina Stoeckel received her PhD in Clinical Psychology from Syracuse University. She completed her pre-doctoral internship and post-doctoral training at Geisinger Medical Center where she received extensive training working in an integrated care setting. Dr. Stoeckel currently works for Psychological HealthCare at Crouse Medical Group, Irving Ave. where she provides initial consultations and short-term therapy. She is also part of the psychology consultation service at Crouse Hospital and supervises graduate students in the Clinical Psychology program at Syracuse University,



Nina was recognized for her service to CNYPA as Chair of the Program Committee for the past several years. The Board appreciates all the work she has done, sometimes single-handedly, making sure that we continue to offer high quality programs for our members such as semi-annual dinner meetings. Nina's colleagues at Psychological HealthCare and Syracuse University are likewise impressed by her professionalism and dedication to her work. She was described as a "terrific psychologist" with a "calm and concerned demeanor," whose "innate intelligence is enhanced by her continual quest for new knowledge and experiences." She is also seen as supportive and able to "masterfully handle" sensitive topics and issues that come up with her students. She is clearly highly regarded by her colleagues, students, and clients and we are grateful to have her as an essential and active member of CNYPA. Thank you, Nina, for all that you do!

## **2016 CNYPA Lifetime Achievement Award- Dr. Chad Bradshaw**

It is an honor for CNYPA to recognize Dr. Chad Bradshaw for the 2016 Lifetime Achievement Award as a pioneer and advocate in Psychology and for his commitment and service to CNYPA. Dr. Bradshaw has been a practicing neuropsychologist in upstate New York since 1990 following pre- and post-doctoral internships with Edith Kaplan and a fellowship at the Boston Neuropsychological Foundation. He joined Upstate's Department of Neurology practice group as the sole psychologist, serving almost 20 years navigating the challenges of integrating with medical teams before joining the VA Medical Center. He currently serves veterans by completing evaluations and making treatment recommendations for those who have sustained traumatic brain injuries and supervises psychology interns in their Assessment rotation. His clinical and research interests have resulted in publications in the areas of traumatic brain injuries in veterans and epilepsy. He has had an active role in our professional community serving in various CNYPA roles over the span of his career, as a strong voice for the interests of psychology and meeting the psychological needs of our community. He served as CNYPA President for an extended term during a period of transition for the organization as a stabilizing presence and marshaled CNYPA's response to the proposed closure of vital inpatient services in our community. An accomplished Blues musician, his humor and unassuming nature are welcome additions to Board meetings and Happy Hours alike. We look forward to having his presence for many years to come. Congratulations, Dr. Bradshaw! We thank you for your years of service to our organization and to our community!

# Headlines from the Hill

## **Headlines from the Hill: Notes of Interest from the Psychology Department at Syracuse University**

- One student in the department's clinical psychology program, Suzanne Spinola, participated in the APPIC match process this year. She is pleased to have matched to the Addictions track at the West Haven VA in Connecticut. Congratulations, Suzanne!
- Sarah Woolf-King, Ph.D. recently conducted a systematic review of studies indicating that parents of children with serious congenital heart defects are at risk for developing a variety of mental health difficulties, including PTSD, anxiety and depression. For example, in the months immediately following their children's cardiac surgeries, 80% of parents experience clinically significant trauma symptoms, and 30% reported symptoms consistent with PTSD. The paper, which appears in the Journal of the American Heart Association, was inspired by Sarah's own experience as a parent of a child with a congenital heart defect. Her multidisciplinary research team plans to apply for additional funding that would allow the development and piloting of a mental health intervention that parents would be able to access alongside pediatric medical care. The full text of the article can be found here:  
<http://jaha.ahajournals.org/content/6/2/e004862>

# CNYPA Meeting Schedule

**April 28<sup>th</sup>**

**May 19<sup>th</sup>**

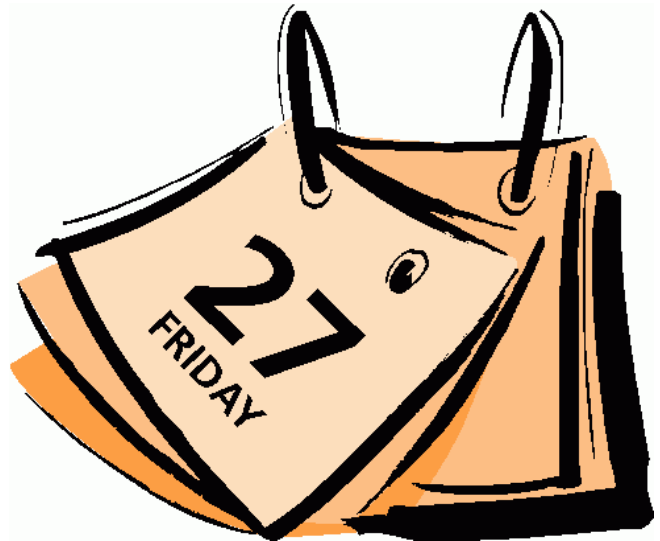
**June 16<sup>th</sup>**

**September 15<sup>th</sup>**

**October 20<sup>th</sup>**

**November 17<sup>th</sup>**

**Annual meeting/Holiday- date TBA**



**All meetings start at 1:00pm & are held on the 2<sup>nd</sup> Floor "Grand Rounds" area of the Upstate Psychiatry & Behavioral Sciences Building, 713 Harrison St. Syracuse.**

# SAVE THE DATE!!!!!!

Please join fellow CNYPA members for the **CNYPA spring dinner meeting on Thursday 4/27 starting at 5:30pm** at the Genesee Grande.

We're delighted to have **Janine Bernard, PhD, LMHC** present on "**Factors Influencing Clinical Supervision.**" Dr. Bernard is the author of the well-known Discrimination Model of supervision and has published extensively in the area of clinical supervision. Dr. Bernard will discuss issues relevant to clinical supervision in a variety of settings with an intended audience of both licensed professionals and trainees.

Cocktails at 5:30pm, Dinner at 6pm, and Presentation at 7pm.

Students: \$20, Members: \$35, Non-Members: \$45.  
Please register at <http://www.cnypa.net/events.asp>



-Join NYSPA for this year's **Lobby Day and Legislative Conference May 8<sup>th</sup> and 9<sup>th</sup>** to learn about the legislative process and meet with representatives in Albany to advocate for our agenda. If you haven't attended previously, this is a worthwhile event. NYSPA is providing a dinner and training the night before, breakfast, and will reimburse the overnight hotel accommodation and is arranging for group meetings with key representatives together with a more experienced member. The format is geared to helping you feel prepared and able to deliver our messages in ways that are effective. Being able to provide anecdotes of how these issues impact our profession and patients brings these issues to life and demonstrates the real impact on people which lobbyists alone cannot do. **This cannot be done without people like you willing to give your time.** I am planning to attend and will be leaving the Syracuse area around 3:30 pm on May 8<sup>th</sup> for anyone who is interested in carpooling. Please contact me at [bartoszt@upstate.edu](mailto:bartoszt@upstate.edu) if you are interested.

## Lobby Day & Legislative Conference

5/8/2017 to 5/9/2017

For details about this event, click the link below:

<http://www.nyspa.org/events/EventDetails.aspx?id=942986>





## **WEB SERVICES/DESIGN/HOSTING**

Eric Larson

### **DISCOUNTED RATES FOR CNYPA MEMBERS IN GOOD STANDING**

Eric is a web design professional who has been in the business for over 16 years. His expertise encompasses an array of web based services including: website design/redesign/creation/maintenance, website hosting, email campaigns, search engine optimization, social media marketing, and more. He works with clients of all sizes - from large corporations to sole proprietorships, psychological associations to individual psychologists. In fact, if you've visited the CNYPA website, you've seen an example of his work.

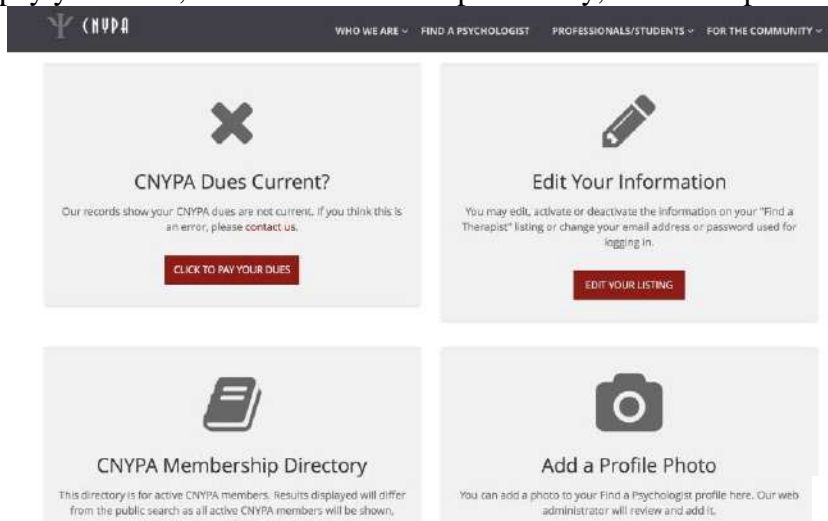
Eric is offering a discounted rate for his services to current CNYPA members. Pricing starts at \$15/month for hosting/updates. Need a new website or redesign? Pricing for that starts at \$500 to setup the site. Each site will be assessed on a case-by-case basis, but Eric will do his best to work with you to keep his prices as low as stated.

If you're interested in, or have any questions about website services, would like to inquire about pricing, find out why "do-it-yourself" solutions are not the best options or even just want to ask for advice on "digital marketing," please contact Eric at [eric@iadinc.com](mailto:eric@iadinc.com).

## Have you updated your Find-A-Psychologist entry?

It's not too late! According to our webmaster, our website is doing quite well and receiving an increasing number of hits. We want to make sure our "Find-A-Psychologist" directory offers the community the most up-to-date and accurate entries, showcasing the talented professional psychologists in our community.

- Please take a minute to review your profile if you haven't done so already. You can do so by going to [cnypa.net](http://cnypa.net) and clicking on the "Member Login" button (in yellow) in the top right corner of the page. Once you are logged in, enter your email address and password (there is a link for "forgot your password").
- Once you have logged in you will see a very user-friendly screen with options to update your profile, pay your dues, view our membership directory, and add a profile picture.



- *Please consider adding a profile picture if you haven't already!* This makes the profiles more personal and really does help in making strong connections with our community.

# NYSPA Council Report

Bernice Gottschalk PhD

Tom Cote', NYSPA's executive director, resigned to take another position in December 2016. Currently a search committee is active in seeking a replacement.

At the December meeting, Council approved a statement opposing the (original) executive order which curtailed/limited travel to the US from 7 named countries and suspended the refugee program. The following statement lays out the basis for this opposition (a link to the full text can be found on the NYSPA website):

"As psychologists, our commitment to champion the needs of immigrants who come to our shores seeking freedom and our support and assistance is further rooted in our own Ethical Principles as set forth by the APA, namely: *"Psychologists respect and protect civil and human rights..."* As psychologists, we oppose actions that are psychologically injurious and harmful to the public. The Executive Orders pose potential harm to the psychological well-being of all people.

The legislative committee and its subcommittees continue to work on a number of issues. These include:

- Passage of a permissive rather than mandatory duty to protect bill. This bill appears to be moving forward
- An omnibus PLLC bill (including a number of professions) to allow psychologists and others to form PLLCs with physicians
- A Telehealth bill (details under construction)
- Collaboration with NYSAN –which is pressing forward on introducing a bill- on developing CEU requirements for psychologists (the only NY Profession which does not have them (and NY is the only state that does not have them for psychologists)
- Expansion of out-of-network benefits
- RXP

The following **webinars** are available to download (fee is \$25 for NYSPA members): Risk Adjustment Audits of Psychology Practices by Commercial Insurers; Delineating Alternative Practice, Legal and Financial Models for Integration; ICD-10: Being Ready for the October Deadline; Is Tele-Mental Health Right For Your Practice? These can be downloaded from the NYSPA website.

**Lobby Day in Albany is May 9<sup>th</sup>** and all psychologists (and students) are invited to participate. NYSPA will cover the cost of hotel accommodations at The Desmond for members for the evening of May 8\*. **People who have participated in the past have found this an interesting and rewarding experience..** [Registration is free so register now!](#) [Click here to reserve your room](#)



\*NYSPA Members must reserve their accommodations directly with The Desmond and secure with their credit card. The bill will be paid by NYSPA at checkout. NYSPA will cover room rate only; members are responsible for any ancillary charges. Members must cancel outside of 24 hours or they will be charged the \$133 room rate and NYSPA will not be responsible for the costs.

The NYSPA Annual Convention is Upstate this year!



## NYSPA's 80th Annual Convention

*Building on the Past, Preparing for the Future*

June 2-3, 2017

Saratoga Hilton, Saratoga Springs, NY

Join us for NYSPA's 80th Annual Convention at the beautiful Saratoga Hilton in Saratoga Springs for a weekend of education, networking, and fun. A room block has been made available at the Saratoga Hilton for conference attendees. Rates start at \$199 plus applicable taxes. [Click here to book your hotel accommodations.](#) The room block is available until May 2, 2017. **[Register today!](#)** (at this link)

All psychologists are **encouraged to donate to the state psychology PAC** (a separate entity from NYSPA "PsychPAC-NY is the only nonpartisan political action committee formed and governed by psychologists for the sole purpose of advancing our profession's political agenda in New York. PsychPAC-NY is the vehicle informed psychologists utilize collectively to exert their influence, politically. PsychPAC-NY collects voluntary contributions from psychologists all around our state and then distributes them to the campaigns of candidates for the New York State Legislature." Donations can be made at: <http://psychpac-ny.com/>

## *Tribute to Dr. Todd Spangler.....*

Dr. Todd Spangler passed away in December, 2016 after a long illness. He was 56. Todd was a vital member of our professional community for 30 years.

Todd grew up in Wisconsin. He obtained his bachelor's degree in psychology from the University of Wisconsin. He then obtained his PhD in clinical psychology at the California School of Professional Psychology in Los Angeles.



I first met Todd in 1987 when I was working at Hutchings Psychiatric Center. He applied for a job there. I like to think that I was somewhat instrumental in getting him hired. In my initial interview with Todd it was impossible not to be impressed with his clinical acumen, his compassion, his innate wisdom and common sense, his humor and the unmistakable positive power of his personality. After he was hired I was his pre-licensure supervisor. We became close friends along with being colleagues. While working at Hutchings he quickly made a very positive impression with the members of our excellent Psychology Department, the HPC staff in general and, of course, with the patients, who as many of you know, can be quite challenging. His impact was most palpable.

In 1990 we started doing some private practice together as partners. In 1991 we decided to go into full-time private practice as partners and we left HPC. Todd and I were in private practice for about 8 years. This was one of the most rewarding periods of my professional life at all levels. I could not have asked for a better partner and friend to be in private practice with.

In 1998 circumstances beyond our control necessitated that we ended our private practice partnership. At that time Todd accepted a position as the Director of the Counseling Center at Cazenovia College. When he began that job the existing counseling center was essentially a part-time operation with minimal impact on the campus. Not surprisingly, when Todd got there he transformed the counseling center into a very effective campus wide operation. I know for a fact that Todd had a positive impact on countless young adults while he was there. Along with his direct clinical work he was very active in campus wide activities, including teaching courses, regarding mental health and positive adjustment issues. He served in this capacity for 18 years. He had to step down only when his illness prevented him from continuing to work.

Todd is survived by his amazing wife Donna and his equally amazing and now young adult children Ben, Delaney and Nate.

I think the most fitting way to conclude this tribute to Todd is to repeat what I said when I notified our community of his passing on our listserve. Todd was a most generous person with a big heart. He truly had one of the greatest senses of humor I have ever known. I cherish the fact that I could be his friend and partner. He was, truly, a great friend. He was an exceptional psychologist. He left us way too soon and he is missed.

Michael Thompson, PhD

## *Tribute to Dr. Dennis Bogin...*

Dr. Dennis Bogin, Professor of Psychiatry at Upstate Medical University, passed away on March 9, 2017 after a brief illness. He is survived by his wife Sharon, daughter Renee, two granddaughters and two sisters.

Dr. Bogin was a practicing clinical psychologist for 40 years. He trained at Syracuse University and SUNY Upstate Medical University. He was a Clinical Professor of Psychiatry at Upstate Medical University, where he taught, supervised trainees and saw patients since 1980. Over a long and distinguished career, he helped train generations of psychology interns, psychiatry residents, as well as nurses and social workers, as both teacher and clinical supervisor. His approach to trainees was warm and empowering, yet challenging to aspire to the highest level of skill and service. He had previously held positions as Clinical Supervisor for Psychological Services at Fairmount Children's Center, Director of Psychology Training at the Syracuse VA, and had maintained full-time private practices in both Syracuse and Ocean Springs, Mississippi. A "clinician's clinician", Dennis over the years developed an expertise in individual and group psychodynamic treatment of severe personality disorders in both outpatient and inpatient settings. He had a longstanding interest in ethical issues related to the practice of psychology and had been the Chair of CNYPA's Ethics Committee and was a long-term member of NYSPA's Committee on Ethical Practice. A deep and integrative thinker, he was ever generous with his time and knowledge, and welcomed discussion about theory, philosophy, compassionate patient care and music. His passions were reading, listening to music, and playing his guitar. For his professional accomplishments and contributions, Dr. Bogin was the recipient CNYPA's 2015 Lifetime Achievement Award. The strength of his character and his compassion and advocacy on behalf of patients was a powerful influence in the settings in which he worked. His loss is a loss for our professional and training community that has been touched by his presence.



Ron Saletsky, PhD & Tammy Bartoszek, PsyD

<b>CNYPA BOARD OF DIRECTORS 2017</b>			
	<b>Name</b>	<b>Business Phone</b>	<b>e-mail</b>
<b>President</b>	Tammy Bartoszek, PsyD	315-464-2337	bartoszt@upstate.edu
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<b>Board Member</b> Through 2017 ( 2 years)	Holly Vanderhoff, PhD	315-464-3120	vanderhh@upstate.edu
<b>Board Member</b> Through 2017 ( 2 years)	Roger Greenberg, PhD	315-464-3120	greenber@upstate.edu
<b>Board Member</b> Through 2017 ( 2 years)	Charles Bradshaw, PhD	315-425-4400	Chadbradshaw19@yahoo.com
<b>Board Member</b> Through 2018 ( 2 years)	Tanya Gesek, PhD	315- 430- 8040	gesekphd@gmail.com
<b>Board Member</b> Through 2018 ( 2 years)	Lauren Warren-Faricy, PhD	315-464-9818	warrenla@upstate.edu
<b>Board Member</b> Through 2018 (2 years)	Brian Thomson, PhD	315-426-7738	Brian.thomson@omh.ny.gov
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<b>Program Committee Chair</b>	Nina Stoeckel, PhD	315-422-0300	Nina.stoeckel@gmail.com
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<b>CNYPA Website Chair</b>	Theresa Covington, PhD	315-935-3037	Cnyneuropsychology@gmail.com
<b>Website Designer*</b>	Eric Larson		eric@iadinc.com